



North Dakota: Stutsman County

Behavioral Risk Factors Report: 1999-2004

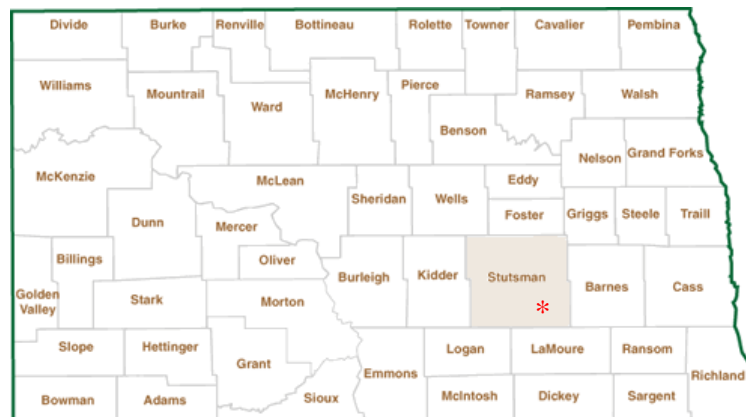


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KEY FINDINGS

Behavior and lifestyle play an important part in determining our health status and life expectancy. Almost three of four deaths in North Dakota (ND) adults were attributable to chronic disease or injury. Lifestyle and behavioral factors that affect health include tobacco and alcohol use, physical activity, nutrition, and preventive health services use. Illness and death could be substantially decreased if better control of these behaviors were achieved through adequate public health policies.

The Behavioral Risk Factor Surveillance System from 1999 to 2004 was used to determine the prevalence of certain diseases and health behaviors within Stutsman County, N.D. These estimates were then compared to those of the state and the country. Finally, we identified the gaps in how the county and the state are performing to achieve the Healthy People 2010 objectives.

We found that the prevalence of some conditions and behavioral risks is significantly less in Stutsman County than in the state of N.D. For example:

- Percentage who reported no health insurance or health coverage: 6.3 percent vs. 11.4 percent.
- Percentage who reported being unable to see a doctor because of cost: 4.8 percent vs. 6.8 percent.
- Percentage who reported no personal health care provider: 12.7 percent vs. 23.6 percent.

On the other hand, the prevalence of some conditions and behavioral risks is higher in Stutsman County than in the state of N.D.:

- The prevalence of any preventive cancer screening is lower in Stutsman County than in the state.

- Percentage who reported having some form of arthritis is significantly higher (40.6 percent vs. 27.5 percent) in Stutsman County.
- Percentage who reported their general health as fair or poor is also higher in Stutsman County.

For many behavioral risks, opportunity and resources exist to improve and reach the Healthy People 2010 objectives.

INTRODUCTION

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual telephone survey conducted across the country. It is conducted continuously throughout each year as a collaborative effort between the U.S. Centers for Disease Control and Prevention (CDC) and each state's Department of Health. The survey collects information on a vast array of health conditions, health-related behaviors, and risk and protective factors about individual health. A detailed description of the BRFSS survey can be found at the following website: www.cdc.gov/brfss/

This report summarizes results from the Stutsman County, N.D., BRFSS survey for 1999 to 2004. For each topic discussed, the report provides a summary of the finding, and graphs of selected findings. The main findings are summarized with bulleted statements that highlight data found in the graphs. The graphs for each topic draw attention to important findings that may also be mentioned in the bulleted statements. Tables on 11 county health indicators are shown detailing common demographic items and specific health topics for selected responses at the North Dakota Department of Health website:

www.ndhealth.gov/brfss/CountyLevelSummaries/

The report also compares Stutsman County data to the national goals and target health objectives from Healthy People 2010, the nationwide health promotion and disease prevention agenda, when available. The report notes when a topic is one of the 10

Leading Health Indicators identified in Healthy People 2010. Leading Health Indicators are described as “the major public health concerns in the United States and were chosen on their ability to motivate action, the availability of data to measure their progress, and their relevance as broad public health issues.” In addition to the 10 Leading Health Indicators, there are additional topics outlined in Healthy People 2010; each has an overall goal listed, as well as specific objectives to help achieve that goal. The Healthy People 2010 goals and objectives are reported in the graphs when applicable. The report notes when Stutsman County data met the national targets.

The purpose of this report is to highlight the behavioral risk characteristics of the Stutsman County residents in order to develop policy and measure progress toward state and national health objectives. The county-level data gives estimates of health conditions and risk behaviors among Stutsman County adult residents.

STUTSMAN COUNTY: DEMOGRAPHIC CHARACTERISTICS 2004

Total Population: 20,928 (population ranked 7th in state).

Gender: Approximately 49.1 percent are male and 50.9 percent are female.

Age: Median age is 39.6; 17.6 percent are 65 or older.

Race: The majority (97.5%) is white, (0.9%) are Native-Americans, (0.4%) are Asians and (0.3%) are African-Americans.

Education: The majority (81.1%) of people 25 or older are high school graduates, and (19.7%) hold a bachelor's degree or higher.

Income: Median household income is about \$33,848; 10.4 percent of residents are below the poverty level.

KNOWN MAJOR RISK FACTORS: STUTSMAN COUNTY

Current Smokers: 19.7 percent of the residents are smokers.

Binge drinkers: 16.5 percent of the population are binge drinkers.

Obesity: 24.1 percent of the population is obese.

NORTH DAKOTA: DEMOGRAPHIC CHARACTERISTICS 2004

Total Population: 634,366.

Gender: Approximately 49.9 percent are male and 50.1 percent are female.

Age: Median age is 36.2; 14.7 percent are 65 or older.

Race: The majority (92.4%) is white, (4.9%) are Native-Americans, (0.6%) are Asians and (0.6%) are African-Americans.

Education: The majority (83.9%) of people 25 or older are high school graduates, and (22%) hold a bachelor's degree or higher.

Income: Median household income is about \$34,604; 11.9 percent of residents are below the poverty level.

KNOWN MAJOR RISK FACTORS: NORTH DAKOTA

Current Smokers: 20.5 percent of the residents are smokers.

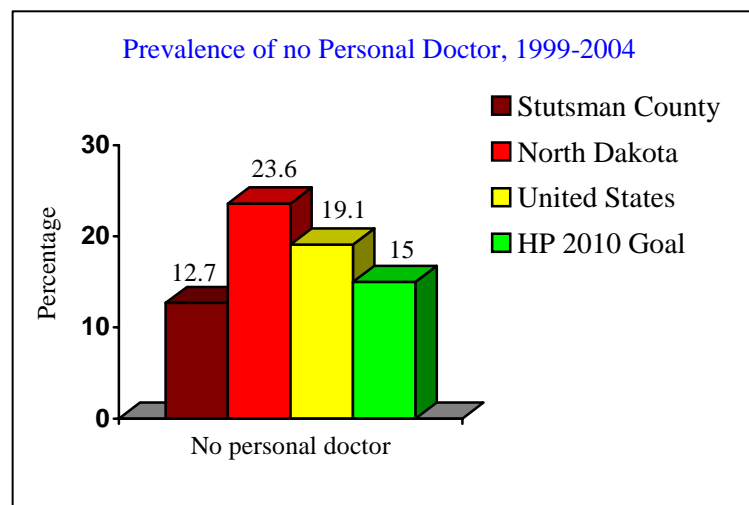
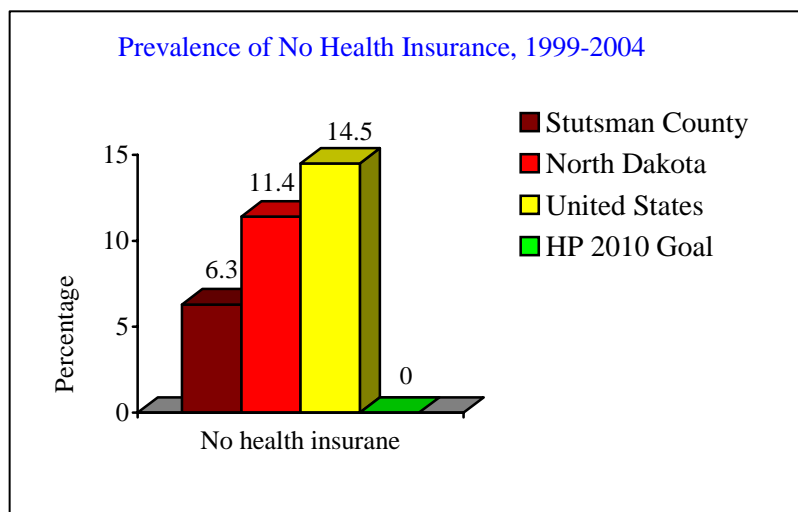
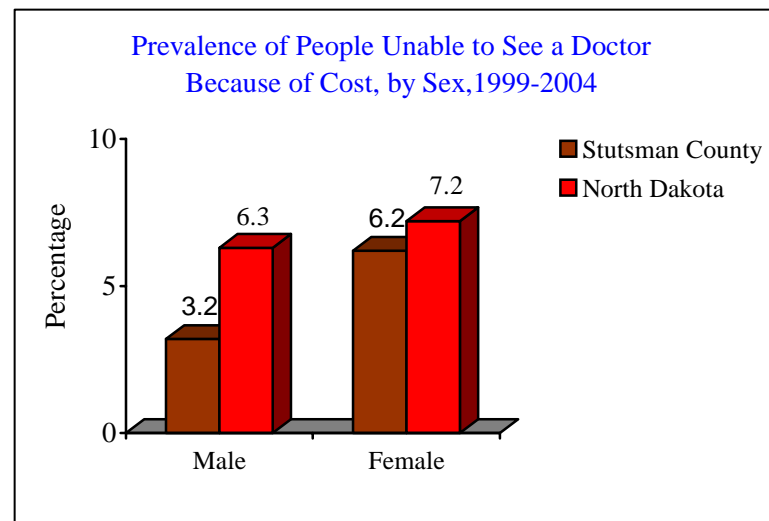
Binge drinkers: 21.3 percent of the population is binge drinkers.

Obesity: 23.8 percent of the population is obese.

HEALTH CARE ACCESS: INSURANCE, COST AND PERSONAL

- The prevalence of people without health insurance is lower in Stutsman County than in the whole state or in the country.
- The prevalence of people who could not see a doctor due to cost one or more times within the previous year is lower in Stutsman County than in the whole state or in the country.
- The prevalence of people who did not have a personal health-care provider is lower in Stutsman County than in the whole state or in the country.

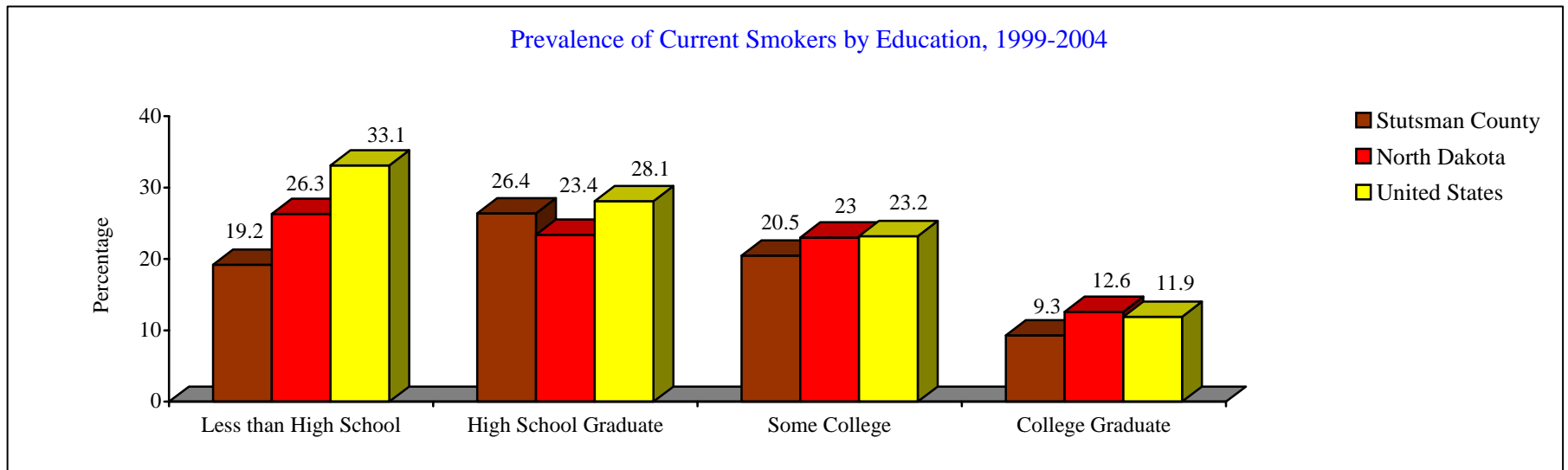
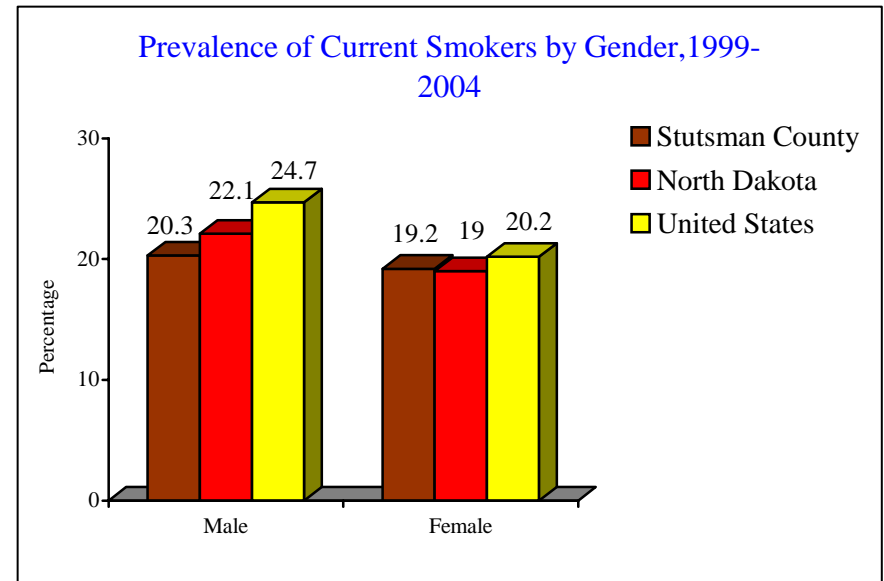
	Stutsman (%)	North Dakota (%)
No health insurance or other health care coverage	6.3	11.4
Unable to see a doctor due to cost one or more times during the past 12 months	4.8	6.8
Do not have one person that they consider to be their personal provider	12.7	23.6



CURRENT SMOKING BY EDUCATION AND GENDER

- The prevalence of current smokers is lower in females than in males regardless of the place.
- The prevalence of current smokers is lower among college graduates than any of the other categories.

	Stutsman (%)	North Dakota (%)
Prevalence of male current smokers	20.3	22.1
Prevalence of high school graduates who are current smokers	26.4	23.4
Prevalence of current cigarette smoking some days or every day	19.7	20.5

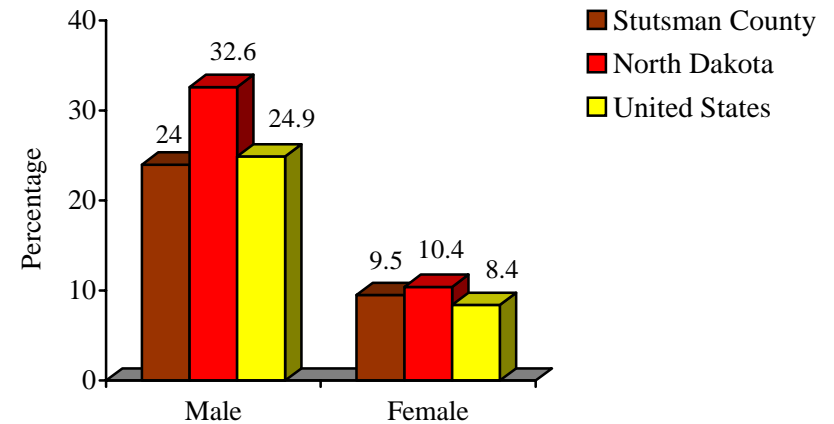


BINGE DRINKING BY EDUCATION AND GENDER

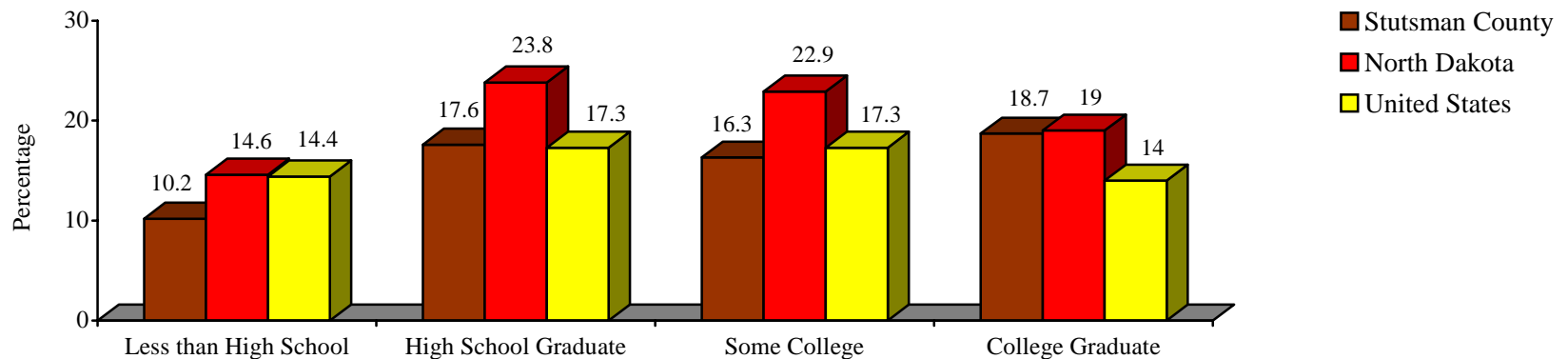
- Although females are less likely to be binge drinkers than are males, their prevalence of binge drinking is higher than the national prevalence.
- The prevalence of binge drinking among college graduates is higher than the national prevalence.

	Stutsman (%)	North Dakota (%)
Prevalence of binge drinking among females (Five or more in one occasion)	9.5	10.4
Prevalence of binge drinking among college graduates	18.7	19.0
Prevalence of binge drinking (Five or more in one occasion)	16.5	21.3

Prevalence of Binge Drinkers by Sex, 1999-2004



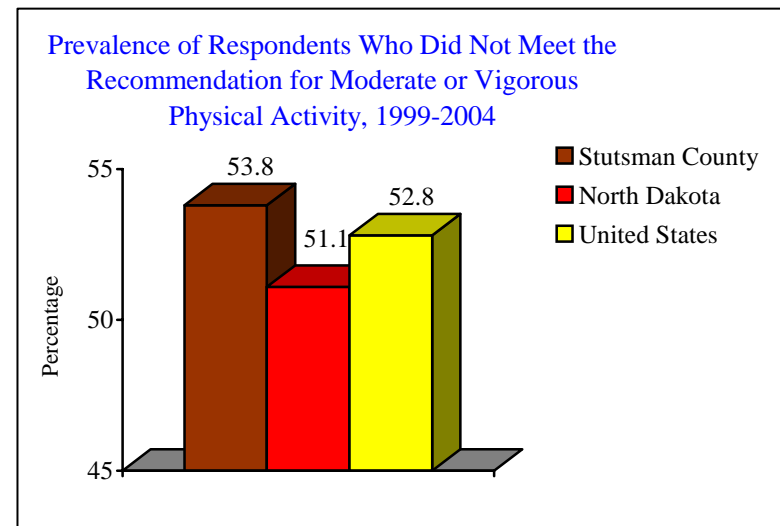
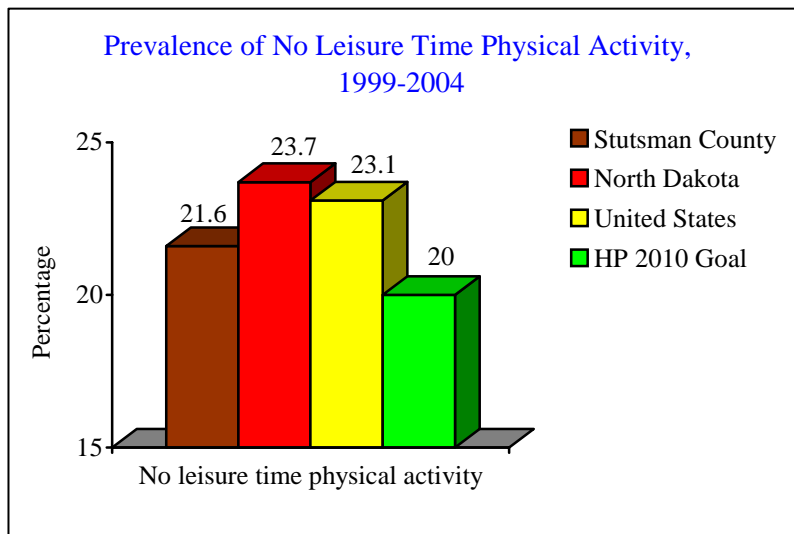
Prevalence of Binge Drinkers by Education, 1999-2004



PHYSICAL ACTIVITY AND NUTRITION

- The prevalence of people who had no leisure-time physical activity in Stutsman County is lower than in the state or the U.S.
- However, the prevalence of those who did not meet moderate or vigorous physical activity recommendations is higher than in North Dakota or the U.S.
- Finally, the prevalence of people who did not meet recommendations for fruit and vegetable consumption is equal to North Dakota but higher than the U.S.

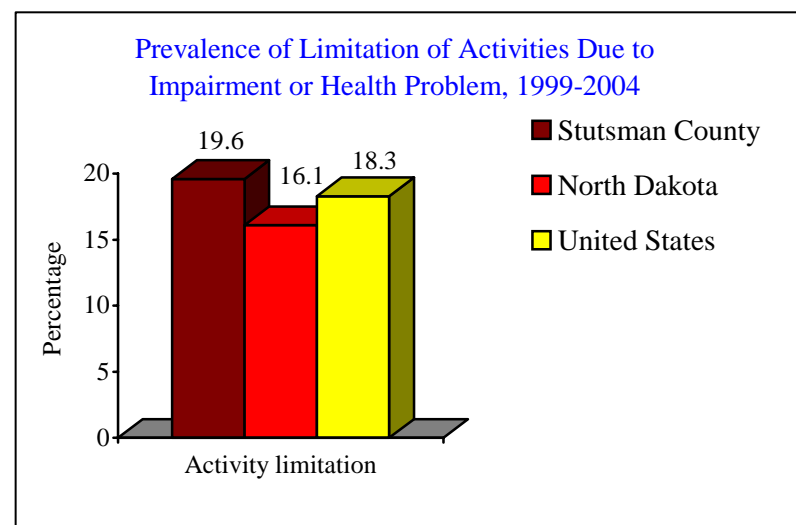
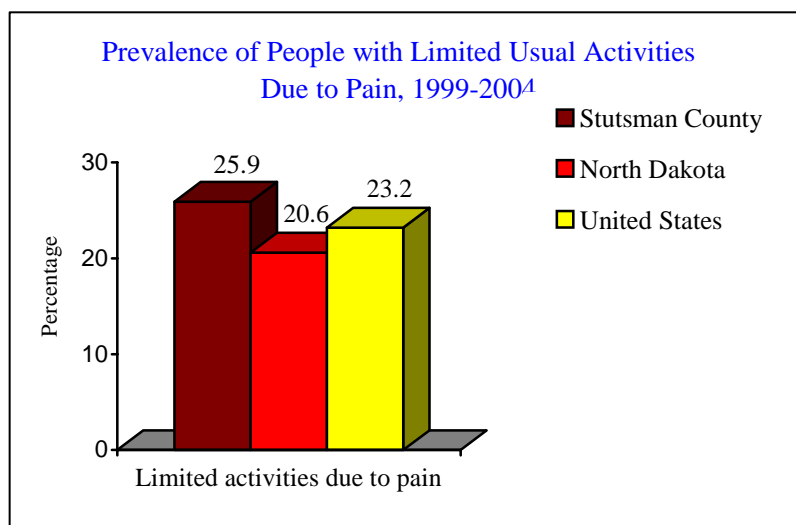
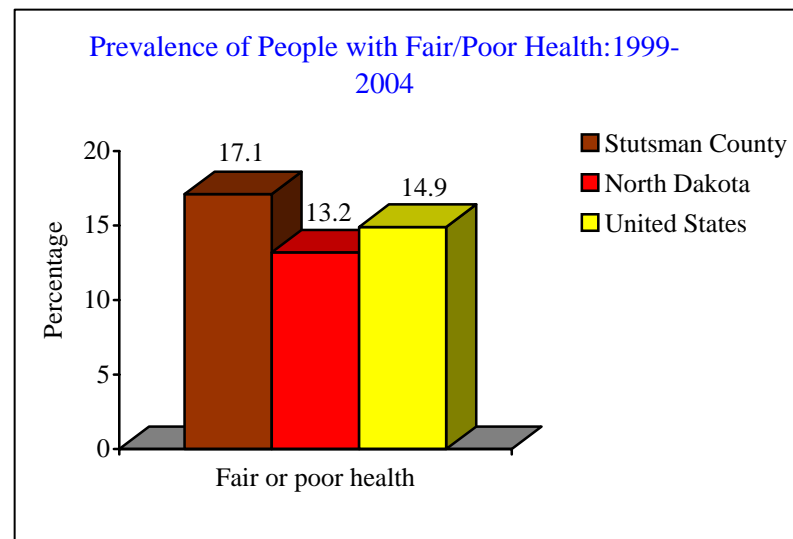
	Stutsman (%)	North Dakota (%)
No leisure-time physical activity	21.6	23.7
Did not meet the recommendation for moderate or vigorous physical activity	53.8	51.1
Did not eat five servings of fruits and vegetables per day	78.5	78.5



GENERAL HEALTH AND QUALITY OF LIFE

- The prevalence of people with activity limitations due to impairment or health problems is higher in Stutsman County than in the North Dakota or the U.S.
- The prevalence of people who had pain during the previous month is higher in Stutsman County than either North Dakota or the U.S.
- The prevalence of people whose general health is fair or poor is higher in Stutsman County than in North Dakota or the country.

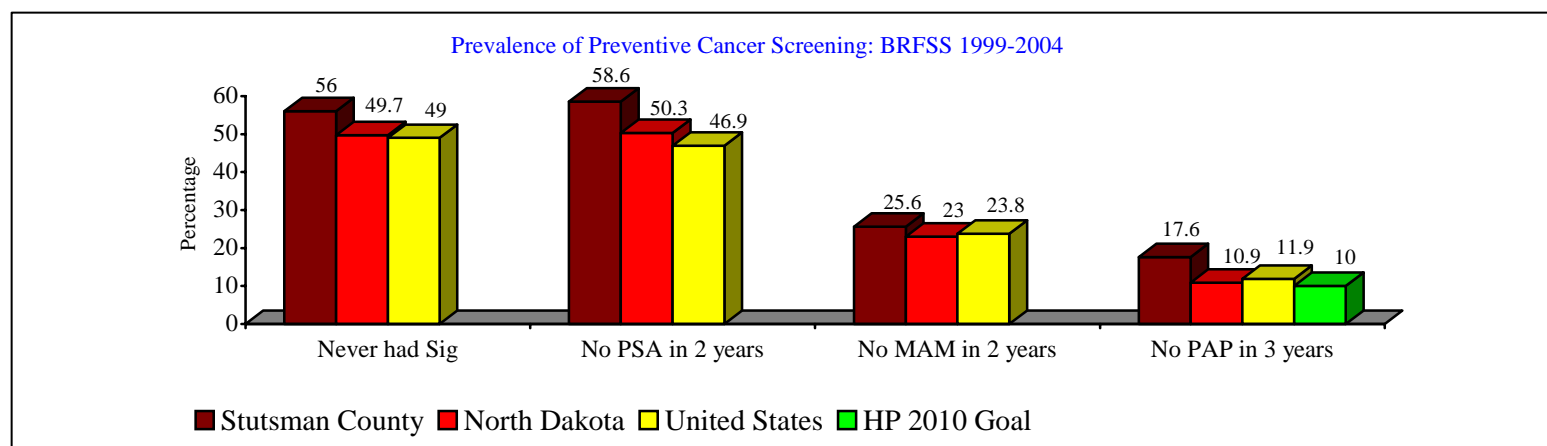
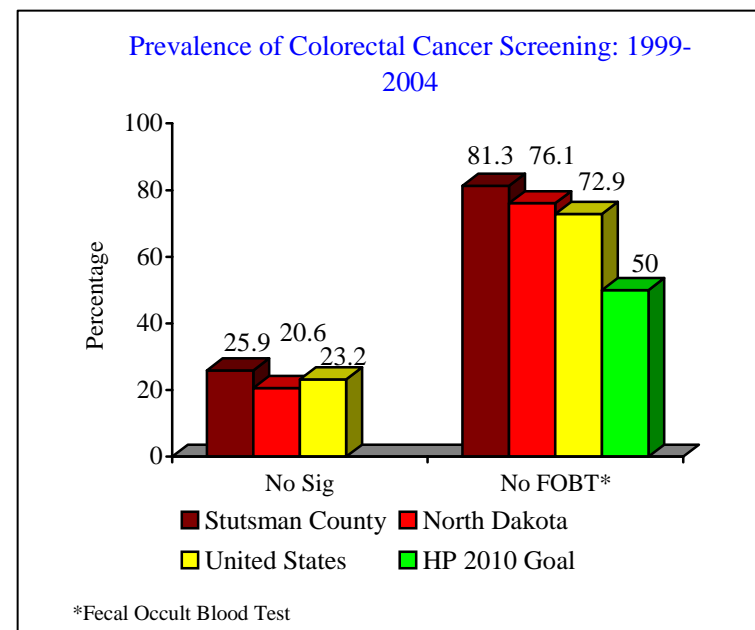
	Stutsman (%)	North Dakota (%)
Limitation in any activities due to impairment or health problem	19.6	16.1
Any days in the previous month during which pain made it hard to do usual activities	25.9	20.6
General health fair or poor	17.1	13.2



PREVENTIVE CANCER SCREENINGS: COLORECTAL, PROSTATE AND CERVIX

- The prevalence of people older than 50 who have never had a sigmoidoscopy is higher in Stutsman County than in ND or the US.
- The prevalence of men older than 40 who have not had a PSA test in the previous two years is higher in Stutsman County than in ND or the US
- The prevalence of women older than 18 who did not have a PAP smear in the previous three years is higher in Stutsman County than in ND or the US.

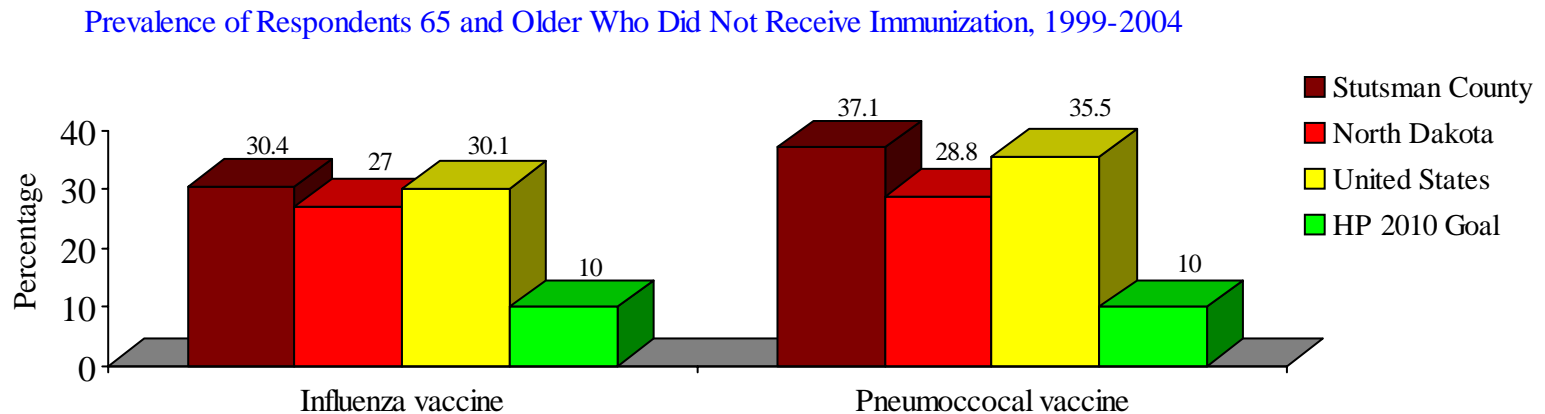
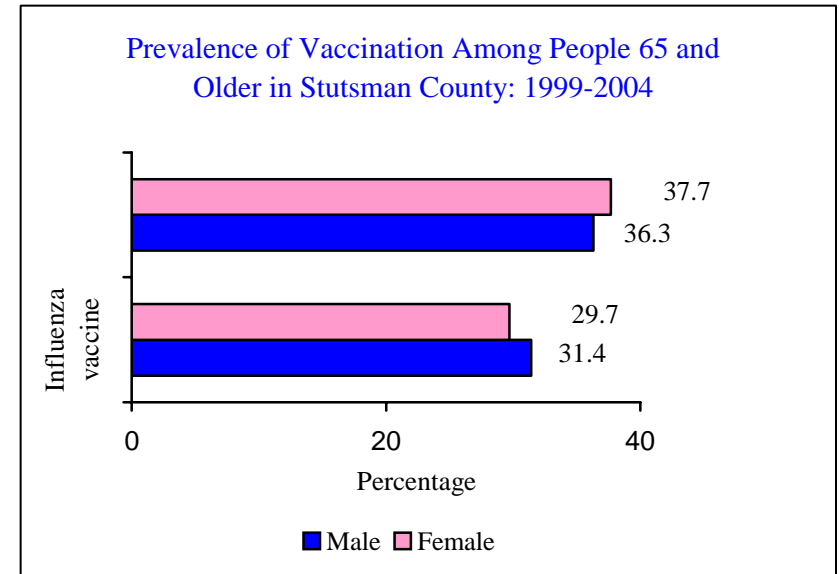
	Stutsman (%)	North Dakota (%)
Never had sigmoidoscopy age 50 and older	56	49.7
Have not had a PSA test within the last two years men who are 40 and older	58.6	50.3
Women 18 and older who did not have a PAP smear in three years	17.6	10.9



VACCINATION: INFLUENZA AND PNEUMOCOCCAL VACCINES

- The prevalence of people older than 65 who did not have an influenza vaccine in the previous year is higher in Stutsman county than in ND.
- However, the prevalence of people older than 65 who did not have a pneumococcal vaccine in the previous year is higher than in ND.
- Finally, men in Stutsman County have a slightly higher rate of influenza vaccination while women have a higher rate of pneumococcal vaccine.

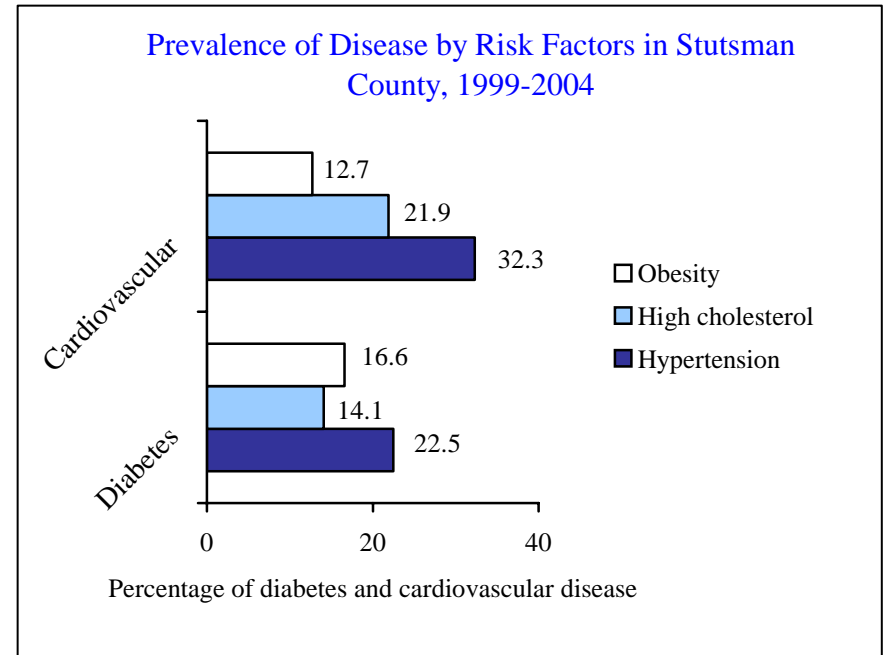
	Stutsman (%)	North Dakota (%)
Respondents 65 and older who did not have an influenza vaccine during last year	30.4	27.0
Respondents 65 and older who did not have a pneumococcal vaccine during previous year	37.1	28.8



RISK FACTORS AND DISEASE PREVALENCE

- The prevalence of people who have diabetes other than during pregnancy is slightly higher in Stutsman County than in the state or the country.
- The prevalence of people who reported heart attack, heart disease or stroke is higher in Stutsman County than in North Dakota or the country.
- The prevalence of people who had some form of arthritis is significantly higher in Stutsman County than in North Dakota.

	Stutsman (%)	North Dakota (%)
Respondents who were told that they had diabetes except during pregnancy	7.8	6.2
Respondents who reported heart attack, heart disease or stroke	11.7	7.3
Respondents who were told they had some form of arthritis	40.6	27.5



SURVEY CHARACTERISTICS

This sampling methodology produces scientifically valid and reproducible results, but must be interpreted in light of the limitations characteristic of this survey method. The survey was conducted by random telephone number selection; consequently, residents living in households without a telephone were not included. Cellular telephone numbers were not in the survey sampling, so households using only cellular service were not included. Potential respondents were not always available or willing to participate in the survey. This is a self-reporting survey, subject to recall and reporting biases. The data is weighted to account for sampling characteristics in order to make results more representative of the county population.

Data collected from the North Dakota statewide BRFSS surveys of Stutsman County residents between 1999 to 2004 were included. Despite the fact that analysis was conducted on six years of accumulated data, not all issues covered in the state survey could be presented for Stutsman County due the small sample size for those questions. It should be understood that each value presented is an estimate of the true percentage based on a scientific sample of the population.